We claim:

37. A method of making a modified allergen which is less reactive with IgE comprising:

(a) identifying one or more IgE binding sites in an allergen, the one or more IgE binding sites being ones that are recognized when the allergen is contacted with serum IgE from an individual that is allergic to the allergen;

(b) modifying the allergen by mutating at least one amino acid in one or more IgE binding sites;

(c) screening for IgE binding to the modified allergen using serum IgE from an individual that is allergic to the allergen; and

(d) selecting the modified allergens which have decreased binding to IgE as compared to the unmodified allergen.

38. The method of claim 37 further comprising screening for activation of T cells that have been cultured from an individual that is allergic to the allergen and selecting the modified allergens which activate the T cells in substantially the same way as the unmodified allergen.

39. The method of claim 37 further comprising screening for binding of the modified allergen to IgG using serum IgG from an individual that is allergic to the allergen and selecting the modified allergens which bind IgG in substantially the same way as the unmodified allergen.

40. The method of claim 37 wherein the modified allergen is mutated in the center of one or more of the IgE binding sites.

41. The method of claim 37 wherein the modified allergen is mutated by substitution.

42. The method of claim 41 wherein the modified allergen is mutated by substituting a hydrophobic amino acid in the center of one or more of the IgE binding sites with a neutral or hydrophilic amino acid.

43. The method of claim 37 wherein the modified allergen is a portion of the allergen.

44. The method of claim 37 wherein the modified allergen is formulated with an adjuvant selected from the group consisting of IL-12, IL-16, IL-18, IFNγ and immune stimulatory oligodeoxynucleotide sequences containing unmethylated CpG motifs which cause brisk activation and skew the immune response to a Th1-type response.

45. The method of claim 37 wherein the modified allergen is screened for initiation of a T cell helper 1 response.

46. The method of claim 37 wherein the modified allergen is made in a recombinant host selected from the group consisting of plants, animals, bacteria, yeast, fungi, and insect cells.

47. The method of claim 37 wherein the modified allergen is made in cells using site specific mutation.

48. The method of claim 37 wherein the modified allergen is made from a peanut allergen selected from the group consisting of Ara h 1, Ara h 2, and Ara h 3.

49. The method of claim 37 wherein the modified allergen is based on a protein obtained from a source selected from the group consisting of legumes, milks, grains, eggs, fish, crustaceans, mollusks, insects, molds, dust, grasses, trees, weeds, mammals, birds, and natural latexes.

50. The method of claim 37, wherein the step of modifying includes mutating at least one amino acid in all the IgE epitopes of the allergen.

51. The method of claim 37, wherein the at least one IgE epitope is one that is recognized when the allergen is contacted with a pool of sera IgE taken from a group of at least two individuals that are allergic to the allergen.

52. A method of making a modified food allergen which is less reactive with IgE comprising:

(a) identifying one or more IgE binding sites in a food allergen, the one or more IgE binding sites being ones that are recognized when the food allergen is contacted with serum IgE from an individual that is allergic to the food allergen;

(b) modifying the food allergen by mutating at least one amino acid in one or more IgE binding sites;

(c) screening for IgE binding to the modified food allergen using serum IgE from an individual that is allergic to the food allergen; and

(d) selecting the modified food allergens which have decreased binding to IgE as compared to the unmodified food allergen.

53. The method of claim 52 wherein the modified allergen is based on a protein obtained from a source selected from the group consisting of legumes, milks, grains, eggs, fish, crustaceans, and mollusks.

54. The method of claim 53 wherein the modified allergen is based on a protein obtained from a source selected from the group consisting of wheat, barley, cow milk, egg, codfish, hazel nut, soybean, and shrimp.

55. A method of making a modified peanut allergen which is less reactive with IgE comprising:

(a) identifying one or more IgE binding sites in a peanut allergen, the one or more IgE binding sites being ones that are recognized when the peanut allergen is contacted with serum IgE from an individual that is allergic to the peanut allergen;

(b) modifying the peanut allergen by mutating at least one amino acid in one or more IgE binding sites;

(c) screening for IgE binding to the modified peanut allergen using serum IgE from an individual that is allergic to the peanut allergen; and

(d) selecting the modified peanut allergens which have decreased binding to IgE as compared to the unmodified peanut allergen.

56. The method of claim 55 wherein the modified peanut allergen is made from a peanut allergen selected from the group consisting of Ara h 1, Ara h 2, and Ara h 3.

57. The method of claim 37, 52, or 55, wherein the step of modifying includes modifying at least 1-6 amino acids in at least one IgE epitope of the allergen.

58. The method of claim 37, 52, or 55, wherein the step of modifying includes modifying at least 1-5 amino acids in at least one IgE epitope of the allergen.

59. The method of claim 37, 52, or 55, wherein the step of modifying includes modifying at least 1-4 amino acids in at least one IgE epitope of the allergen.

60. The method of claim 37, 52, or 55, wherein the step of modifying includes modifying at least 1-3 amino acids in at least one IgE epitope of the allergen.

61. The method of claim 37, 52, or 55, wherein the step of modifying includes modifying at least 1-2 amino acids in at least one IgE epitope of the allergen.

62. The method of claim 37, 52, or 55, wherein the step of selecting includes selecting the modified allergens which bind to IgE at levels that are less than about 1% of those observed with the unmodified allergen.